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### ABSTRACT OF THE DISCLOSURE

A laminate includes a metal layer which is formed on and covers a surface of an insulating substrate activated by a plasma treatment by any method selected from a sputtering method, a vacuum depositing method and an ion plating method. The substrate is obtained by molding a resin composition containing 20 to 150 parts by mass of a fibrous filler having an average fiber diameter of 0.1 to 5  $\mu\text{m}$  and an average fiber length of 10 to 50  $\mu\text{m}$  relative to 100 parts by mass of a base resin comprising a thermoplastic resin and a thermosetting resin.